

family violence service

ART AND WELLBEING is an opportunity to explore your creativity and find healing through colour, texture, nature, play, movement and more with Art Therapy. It's a space for you to express yourself and explore life, meaning and relationships.

What to expect

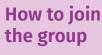
- No experience necessary
- A range of art mediums such as magazine collage, watercolours, chalk, oil pastels, sculpture and more!
- Facilitated by an Art Therapist

Where and when

- **Tuesday August 12 Tuesday August 26**
- From 10am-1pm in the **CHADSTONE AREA**
- Snacks, tea and coffee supplied
- All art material supplied

How to get there

The group is located close to public transport and free parking onsite and in surrounding streets. If you're having difficulty getting to the group, assistance is available to help you get there.



To ioin or find out more about ART AND WELLBEING

E: support@karaFVS.org.au





NEXT

SESSIONS

TUES AUGUST 12

TUES AUGUST 26

T: 03 9899 5666

W: www.karaFVS.org.au